



LAW ENFORCEMENT

Halifax police begin era of radio silence

Police scanners fell silent across newsrooms on Monday, as Halifax's force entered into a new era of digitally encrypted communication.

Halifax Regional Police and Halifax District RCMP announced that along with upgrading their radio systems to what is known as Trunked Radio System 2 (or TMR2), they also introduced encryption.

That effectively blocks out media and members of the public from listening in on police radio transmissions, whether through using a scanner or online.

During Monday's Board of Police Commissioners meeting held at RCMP headquarters, Commissioner Russell Walker questioned how the new technology would be able to withstand the smarts of hackers.

"Without some military-grade hardware and software, you're not going to break it," Supt. Sean Auld told the board on Monday.

He explained that an encryption key will be reset on a monthly basis, so that in order to hack into the system, a person would be constantly trying to crack a new code.

STEPHANIE TAYLOR/METRO



Police are introducing encryption that will block the public from listening to their communications via scanners. JEFF HARPER/METRO

IN BRIEF

Truro imposes \$25 fee on vacant buildings

A \$25 annual fee is being imposed on the owners of vacant buildings in Truro.

Council on Monday approved second reading of a bylaw that requires all vacant buildings to be registered.

While no one on council opposed the bylaw itself, some councillors did object to the annual \$25 fee.

"I have a problem with

the fee," said Deputy Mayor Raymond Tynes. "The kind of fee you are talking about, I worry, is one of those back-door attempts at a tax increase. Or it could be perceived that way."

Ultimately, council approved a compromise that the fee be returned if a vacant building becomes "rehabilitated" or the owner can prove financial hardship.

TRURO DAILY NEWS



A crime analyst with the RCMP looks over her maps. Data compiled by the Mounties reveals the Victoria Day long weekend is one of the three "highest risk weekends" for impaired driving in Canada, along with Labour Day and Thanksgiving. JEFF HARPER/METRO FILE

Long-weekend drunk driving data revealed

POLICE

Victoria Day among the top high-risk long weekends



Stephanie Taylor
Metro | Halifax

Partygoers be forewarned: Halifax police will be out in full force checking for impaired drivers this Victoria Day long weekend.

During Monday's board of police commissioners meeting,

Chief Supt. Roland Wells of Halifax District RCMP presented a new report on impaired-driving statistics during long weekends from 2011 to 2014.

Unlike what many residents would have guessed, he said New Year's Eve and Christmas were recorded as the lowest weekends for impaired-driving incidents, followed by Natal Day and Canada Day.

"Actually the three highest-risk weekends, if you will, for impaired driving are Victoria Day, Labour Day and Thanksgiving," Wells told the board on Monday. "Which kind of astounded us a little bit."

He attributed the low num-

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The number of years
Halifax RCMP has
compiled statistics
about long weekends.

bers during winter holidays to the success of years of awareness campaigns about the dangers of drinking and driving.

"People expect that we're going to be out there in force, and you have other people holding them accountable," Wells said. "That's the approach we need to take for Victoria Day, Labour

Day and Thanksgiving."

Wells explained the data was compiled using HRM's one-of-a-kind computer statistics system that allows for the RCMP as well as Halifax Regional Police to know where to most effectively allocate resources, based on the analysis of crime patterns.

For road safety, he said, the system actively monitors crime, impaired driving, collision rates and enforcement.

"We'll not only be able to tell what weekends we're having problems with, we'll say what day of the week and what hours of those days we should be deploying our resources," he said of the system.

LABOUR

Police union unhappy with new management plan

The president of a police union is calling the re-structuring of Halifax's police force that is increasing the amount of upper management a "breach of process."

Mark Hartlen of the Halifax Regional Police Association said on Monday that the board of police commissioners — which serves to provide policy advice to Halifax police — as well as regional council were not prop-

erly consulted on a new management structure, where the number of top brass will swell from nine to 13.

During Monday's private in-camera portion of the board of police commissioners meeting, a legal matter was listed on the agenda to be discussed.

Outside the meeting, Hartlen explained the matter was a letter from Pink Larkin Lawyers

on behalf of the association, expressing the legal opinion the re-structuring did not follow due process.

"The board is a great venue because it's a public venue. It allows us to sit and listen. It allows us to have input," he said Monday.

"In this case, the board wasn't consulted before it went to council. And (in) our understanding,

the only thing that went to council was a budget, and we thought that was a breach of process."

Hartlen said a change such as the addition of more managers warrants input from public stakeholders, as well as the presentation of a business case that lays out the need for promotions, not just a decision made behind closed doors.

STEPHANIE TAYLOR/METRO

PREVIOUS EXAMPLES

During Monday's meeting, Coun. Stephen Adams, who also sits on the board, cited examples in 2002 and 2009 when regional council was more involved with a re-organization of po-

lice structure. However, municipal lawyer John Traves said that the legal process was indeed followed and the new structure was approved by the city's chief administrative officer.

Tensions escalating at Halifax Shipyard: Union

LABOUR

Lunchtime demonstration the latest in string of battles



Haley Ryan
Metro | Halifax

Over 100 workers at the Irving Shipyard stood together in a demonstration Monday as one union representative said tensions have reached “a boiling point.”

During lunchtime on Monday, David Ladouceur, vice-president of Unifor Marine Workers Federation (MWF) Local 1, said about 150 people rallied outside the Irving offices to protest his suspension, which had been handed down that morning.

“Things have been coming to a boiling point for quite a while within the shipyard and our union, so today was one of those points where we’re ready to go,” Ladouceur said after leaving the shipyard. He later carried a Unifor flag across the Barrington Street entrance. “We’re ready to blow up.”

Ladouceur said he had recently stepped in as union rep for a committee meeting while the president was unavailable, but he was asked to leave and return to work.

He stayed to speak with the human relations department and wait to hear from the union president, Ladouceur said, but he returned to his ironworker job when the president came by.

“Today I got hit with insubordination. I didn’t outright



David Ladouceur, vice-president of Unifor MWF Local 1, protests outside the Halifax Shipyard on Monday. JOSH BROWN/FOR METRO



This is about keeping our jobs in Atlantic Canada.

David Ladouceur, vice-president of Unifor Marine Workers Federation Local 1

refuse to go back to work; I guess it just didn’t happen in a timely enough manner for them,” Ladouceur said.

He said it seems like Irving has been trying to “curtail” union activities, and last week it wrote up Local 1 president Ed Hatch and gave him three violations, which also led to a lunchtime demonstration.

“Our union rights are under attack and they’re going stand

up and fight back,” Ladouceur said.

A main issue has been the employer trying to amend the collective agreement that ends in 2016, Ladouceur said.

They’re also talking about eliminating trades or subcontracting work outside of Halifax, Ladouceur said, which “we all should have issues with” because the union fought alongside Irving for the shipbuilding

+ RESPONSE

After the lunchtime demonstration, Irving said Monday their company respects and values its workers.

“Irving Shipbuilding respects union leadership and values its trades workers,” read an email state-

ment from Irving on Monday afternoon.

“We believe this is reflected in wages and benefits provided to hourly workers at the Halifax Shipyard. Together we share a responsibility to deliver to our customers.”

contract to land jobs for Atlantic Canadians.

“They didn’t get this contract on their own. Our collective agreement went with that con-

tract up to Ottawa to prove that they had a stable workforce,” Ladouceur said.

“That’s part of the equation they’re leaving out.”

LABOUR

Halifax Water strike looming

Employees with Halifax Water have filed a strike notice and a work stoppage could be on tap in two days.

On Monday afternoon, the Canadian Union of Public Employees (CUPE) Locals 227 and 1431 filed their 48-hour strike notice to the minister of labour, according to a union release.

“While we take this step very cautiously, we believe it is the next logical progression in the process,” Local 227 president Dave Dort said in the release.

“We are urging Halifax Water to get back to the bargaining table and work with us to get a negotiated settlement in this dispute.”

Media reports show talks broke off between Halifax Water and the unions in April, with main issues being wages and changes to the pension plan.

Heather Corkum, Local 1431 president, said in the release the employer has the workers’ “backs to the wall” with their demand for major concessions to a pension plan that the union has built up over two generations.

In the release, CUPE says they’re willing to go back to the table with Halifax Water beyond the 48-hour deadline, but “the ball is now in the employer’s court.”

HALEY RYAN/METRO

+ PROTEST

Employees with Halifax Water are scheduled to protest outside of city hall on Tuesday afternoon.

Interviews for June 2015 workshop start in May



Tara MacDonald
Fit Club

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IN BRIEF

Man dies after being thrown from vehicle

Police say a 20-year-old man who was injured in a single-vehicle crash last week has died.

RCMP say the crash on Pomquet River Road in Antigonish County happened early May 4 when the driver lost control and the vehicle flipped on a turn. The male driver and a 21-year-old female passenger were ejected from it.

Mounties say the man from Guysborough County was airlifted to hospital and died Saturday. The woman from Antigonish County was treated and released.

THE CANADIAN PRESS

Woman accused of reporting fake robbery

A woman is facing charges after calling in a gas-station robbery that never happened, police say.

The 26-year-old clerk reported an armed robbery at the Cookville Irving Mainway at about 10:30 p.m. last Thursday. The woman from New Germany claimed a man had pulled out a handgun, demanded cash and took off in a blue GMC blazer. Police tracked down the vehicle on Highway 324 about three hours later.

Officers found a rifle, loaded shotgun and toy cap gun in his car, later uncovering another dozen long-barrel firearms while searching his home. Although they are investigating the suspect for firearms offences, police determined the robbery "had been fabricated." The woman must answer to charges of public mischief and theft. METRO

All it takes is a tiny ember

OUTDOORS

Campers told to obey fire restrictions



Haley Ryan
Metro | Halifax

The long weekend always draws lots of Haligonians into the woods for camping, but the province hopes residents

remember one ember could ignite a brush fire.

After hundreds of homes were evacuated due to a fire in East Lawrencetown last Thursday, a complete ban on open fires remains in HRM. Burning is also restricted throughout mainland Nova Scotia, where it's allowed only from 7 p.m. to 8 a.m.

"Last week we had three non-stop days of 30-plus-kilometre-an-hour winds, where any kind of little fire ember ... can get into the air and then

just spread into the woods really quick," said Kara McCurdy, fire-prevention officer for the Department of Natural Resources, on Monday.

"It doesn't take a whole lot."

McCurdy said recent snowfalls up into April did mean much of the wooded part of the province had been damp until this month, but grasses and leaves only took a day or so to completely dry once the snow melted away.

The rest of this week should

hover around 10 C with lower winds, which is safer, McCurdy said, but the Victoria Day weekend is expected to see temperatures rise with stronger winds, "which is kind of bad."

"There's the potential for people to get out there and do their thing, light brush fires and campfires," McCurdy said.

While she understands that residents always think their fire would never catch a nearby wood or home, McCurdy said they should think again.

+ RESTRICTIONS

To check the provincial burning restrictions, visit novascotia.ca/burnsafe or call 1-855-564-2876.

"It is a big deal," she said. "If you don't have your campfire, your burn barrel ... properly placed, if it's up against tall grass or trees, it can definitely catch the woods on fire really fast."



Helicopters drop water on a large, out-of-control brush fire near East Lawrencetown last Thursday. ANDREW VAUGHAN/THE CANADIAN PRESS

FIRE

Family escapes injury as blaze engulfs bungalow

The Canadian Red Cross says an extended family has been displaced after an early morning house fire in Eastern Passage.

The fire at 177 Hines Rd. began around 2 a.m. Monday and resulted in a bungalow being extensively damaged.

A woman, her daughter and her partner — along with three grandchildren between the ages of five and 13 — all escaped injury.

Fire officials say three family pets died in the blaze, which is believed to have started in the basement.

The Canadian Red Cross says they have arranged emergency food and housing for the family. METRO



Fire officials say three family pets died in the blaze, which is believed to have started in the basement. METRO FILE

2014

BETWEEN:

SUPREME COURT OF NOVA SCOTIA

Hfx No. 433896

THE TORONTO-DOMINION BANK

PLAINTIFF

- and -

HAL FORBES (also known as Hal B. Forbes)

DEFENDANT

NOTICE OF PUBLIC AUCTION

TO BE SOLD AT PUBLIC AUCTION pursuant to an Order for Foreclosure, Sale and Possession granted by the Court, unless before the time of sale the amount due to the plaintiff on the mortgage foreclosed, plus costs to be taxed, are paid:

PROPERTY:

ALL that certain lot, piece or parcel of land situate, lying and being in Halifax County, Nova Scotia, and known as Civic No. 2115/2117/2119 Bauer Street and 5668 Cornwallis Street, Halifax, Nova Scotia, property identification number 00159632 and described in a Mortgage dated November 29, 2007 and registered at the Halifax County Land Registry of Deeds as Document No. 94098770.

TOGETHER WITH an easement as described in a Party Wall Agreement recorded in Book 4629 at Page 1115 as Document No. 52302 on September 9, 1988.

TOGETHER WITH an easement as described in an Agreement recorded in Book 4629 at Page 1110 as Document No. 52301 on September 9, 1988.

TOGETHER WITH the right to pass by foot over 2113 Bauer Street for the purpose of maintaining and repairing the lands described herein so long as the dwelling remains on 2115 Bauer Street. In the event that the dwelling on 2115 Bauer Street is removed or is damaged to the extent that it requires substantial replacement then all rights granted shall terminate.

TOGETHER WITH an easement over that portion of 5664 Cornwallis Street covered by the party wall for the purpose of allowing the wall to remain to support the building on 5668 Cornwallis Street-2115-2119 Bauer Street.

SUBJECT TO an easement over the portion of 5668 Cornwallis Street-2115-2119 Bauer Street covered by the party wall for the purpose of allowing the wall to remain to support the building on 5664 Cornwallis St.

SUBJECT TO an Agreement as contained in Book 4629 at Page 1115 as Document No. 52302 on September 9, 1988.

This property has been migrated pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Sheriff's office and may be inspected during business hours.

Date of Sale: Friday, June 5, 2015

Time of Sale: 11:30 a.m.

Place of Sale: The Law Courts - Halifax Justice Centre, 1815 Upper Water Street, Halifax, Nova Scotia

Terms: 10% deposit (payable by cash, certified cheque or Solicitor's trust cheque) at the time of sale, remainder within 15 days upon delivery of deed.

DATED at Halifax, Nova Scotia, the 28th day of April, 2015.

Theresa Graham
Wickwire Holm
Barristers and Solicitors
2100-1801 Hollis Street
Halifax, Nova Scotia B3J 2X6

ALLAN COLEY
Sheriff in and for the County of Halifax



DARTMOUTH PEACE, LOVE AND RUN-DERSTANDING A youth runs past some graffiti painted in the shape of a heart and a peace symbol near Lake Banook on Monday. JEFF HARPER/METRO

Halifax likely excluded from Lowe's expansion

BUSINESS

U.S. retailer to open stores in western Canada and Ontario



Kristen Lipscombe
Metro | Halifax

It doesn't look like Lowe's Canada will open its doors in Nova Scotia any time soon.

The home-improvement chain announced Monday it has purchased 13 former Target Canada locations in a deal worth \$151 million, but a news release indicates the company is focused on "enhancing our presence in western Canada

and strengthening our base in Ontario."

Earlier this year, American retailer Target closed its 133 Canadian locations, including its three Halifax Regional Municipality stores, which were in Bayers Lake, Bedford Place Mall and Mic Mac Mall in Dartmouth.

Canadian Tire announced its own expansion plans, including taking over the Target location in Bayers Lake.

"Today we're not discussing the specific locations," Lowe's spokeswoman Connie Bryant said Monday. "We're going to wait until we close all of these transactions, which is expected to be June 30."

There will be about 2,000 jobs created as a result of the new stores, many of which



A Lowe's hardware store in New Carrollton, Md. GETTY IMAGES FILE

are coming to "markets where Lowe's is under-penetrated," the release says.

"We carefully evaluated all of the available sites," Bryant said. "We bid on locations that we believe will best complement our existing store base

or that will provide access to new markets where we think the Lowe's brand and offerings would be well-received."

The acquisitions by Lowe's Canada are a result of Target's real-estate auction and still require court approval.

LIQUOR

Fortress Rum exceeds brewery's expectations

A new rum product that is matured at the Fortress of Louisbourg is proving popular among Nova Scotians and is available in a growing number of locations.

Fortress Rum is produced by Guysborough-based Authentic Seacoast Company, in partnership with Parks Canada's Fortress of Louisbourg National Historic Site, where the rum has been maturing in oak barrels at its Magazin du Roi since September 2013.

Fortress Rum was officially launched in Louisbourg in February, and while Authentic Seacoast Company president Glynn Williams didn't release specific sales figures or expectations, he said the product is doing well in its first couple of months on store shelves.

"To say that we're thrilled with the response would be a total understatement," he said.

Williams said they've had lots of good news in the last number of weeks, with Fortress Rum claiming a bronze medal in the over-proof rum category at the 15th annual San Francisco World Spirits Competition. The product also received a great response at the Saltscapes Expo in Halifax.

"There were lineups for samples that we were giving out throughout the course of the three days, and we managed to give out 4,000 samples. It was incredible," he said. "And on the Friday beforehand, I was told that Fortress Rum in the previous month of March was the best-selling amber rum in the province."

Williams said they're hoping to carry that momentum into the summer, when the product will also be available at the Fortress of Louisbourg.

CAPE BRETON POST



Keynote Speaker:
Dr. Samantha Nutt

The Salvation Army would like to thank you for coming out to make this event possible.

Thank you for Giving Hope Today in our community.

Presented by:



Hope In The City
Leadership Breakfast

**Thank
You!**



Supporters of the film tax credit yell during a noon-hour rally outside Province House on Monday. JEFF HARPER/METRO

PUBLIC INQUIRIES ACT

Changes aim to protect witnesses

The testimony of people who appear at the upcoming inquiry into alleged abuse at the Nova Scotia Home for Colored Children will be protected under a legislative change proposed Monday by the provincial government.

Justice Minister Lena Metlege Diab said the amendment to the Public Inquiries Act would ensure any statement or testimony given by witnesses would not be used against them in a trial or court proceeding.

Diab said the change follows a request by the group working on the terms of reference for the inquiry into the former Halifax orphanage.

The Justice Department said the change is similar to provisions in legislation in several provinces and territories including British Columbia, Saskatchewan and Ontario.

Tony Smith, of the inquiry design group, said the change would allow people to speak more freely during the inquiry. He said some potential witnesses had expressed reservations about testifying.

"A lot of us former residents did have problems with the law on different issues," said Smith. "We want to be able to have them speak in a way that is less harm for them."

Smith said the design group would be ready to publicly release details of the inquiry's terms of reference within a month or more and expects the inquiry would start some time in the fall. But with the spring session of the legislature drawing to a close, Diab said it's likely the bill won't be passed until the fall session.

Jennifer Llewellyn, the design group's legal adviser, said testimony would have to wait for the legislation, although ramp-up work to get the inquiry ready could begin.

Former residents allege that they were subjected to physical, psychological and sexual abuse over several decades up until the 1980s.

THE CANADIAN PRESS



Tony Smith THE CANADIAN PRESS

Film fund delay shot down

SCREEN NOVA SCOTIA

Protesters march in front of Province House



Kristen Lipscombe
Metro | Halifax

Brennan Bova worries he won't have enough work in the local film and television industry to keep him here much longer.

The 25-year-old animator held up a sign that read, "Don't send me back to Ottawa," at a rally held Monday outside Province House in support of Screen Nova Scotia.

Bova moved to Halifax a few years ago to hone his skills designing cartoon characters, and now works out of Corpenicus

Studios on Hollis Street, but changes to how the provincial government funds his industry could still force him back to Ontario.

"It feels a lot smaller, in that we all tend to ... band together a lot more," he said of what he likes about working in Nova Scotia. "We're a lot more tight-knit."

Bova was among about 200 industry members and supporters gathered outside on Granville Street while the Nova Scotia's 2015-16 budget underwent tweaks inside the legislature building.

When the budget was first unveiled earlier this month, the annual \$24-million tax credit had been chopped to \$6 million. Amid outspoken protests, Finance Minister Diana Whalen announced a new Nova Scotia Film and Television Production Fund worth \$10 million total, which will finance



Brennan Bova stands outside Province House on Monday.

JEFF HARPER/METRO

between 25 per cent and 30 per cent of approved projects.

Screen Nova Scotia was hoping for an extension to the July 1 implementation of that new fund, stating in an open letter to MLAs read aloud Monday that, "This date is unreasonable, unrealistic, and is causing havoc in the industry."

"Projects have been put on hold. Some have been cancelled."

Opposition Progressive Conservative Leader Jamie Baillie suggested Monday moving that deadline to next March

31, to end the fiscal year, but Premier Stephen McNeil shot that amendment down, stating funded projects are mostly decided by July 1.

McNeil also questioned the industry's tax value when compared to the provincial money invested. "We don't believe it's there."

Acting New Democratic Leader Maureen MacDonald told media Monday that film and television has kept "young people, young families in our province," which she described as "the ingredients for

+ BENEFITS

New study commissioned

The film tax credit generated \$139 million in production spending and supported 2,700 jobs across the province in 2013-14, according to Screen Nova Scotia, which said Monday a new "comprehensive study" has been commissioned to look at the industry's cost benefits and is expected back in three months.

prosperity."

"What does this province need? It needs jobs for young people," Baillie agreed. "That's what this is really all about."

WITH FILES FROM THE CANADIAN PRESS



We all know those rules are changing ... It's going to be under the fund model

Premier Stephen McNeil

Nova Scotians deserve a broader definition of return in the form of jobs and wealth and redistribution and economic benefits to other businesses

Scott Simpson,
Screen Nova Scotia vice-chairman

POLITICS

A history of trouble at press gallery dinners

Alcohol, politics, risqué jokes and sometimes even real news — it's all been on the menu for the parliamentary press gallery dinner since at least the 1870s.

Green Party Leader Elizabeth May finds herself in interesting company as one of the revellers over the years whose remarks have grabbed headlines.

May apologized for her remarks at Saturday night's dinner, which closed with her saying that convicted terrorist Omar Khadr had "more class than the whole f—ing cabinet."

A stunned crowd watched as a shoeless Transport Minister Lisa Raitt coaxed May offstage.

But as far as major news goes, May pales in comparison to other incidents in the gallery annals. A few events at gallery dinners marked watersheds in Canadian politics.

The origins of the dinner date back to the early 1870s.

A Toronto Evening Star story recounts how in the 1880s the former mayor of Ottawa Charles Mackintosh, once the gallery president, showed up in full regalia, including a ceremonial

ball and chain.

"The dinner committee held a hurried consultation and decided that the ball and chain was too reminiscent of slave-driving," reads the article. "So Mr. Mackintosh was gently but firmly escorted outside."

Charles Lynch, the late political columnist, recalled in

“

The stories about what happens before, during and after gallery dinners have become legion.

Peter Dempson, former Toronto Telegram reporter

his autobiography the dinner of 1948, when then-prime minister William Lyon Mackenzie King made a startling announcement in the presence of then-governor general Viscount Alexander and the full gallery.

"Willie rose to his feet — and announced his retirement, to the great consternation of his listeners, all of whom were deeply into the sauce and unprepared for a news development of these proportions," Lynch wrote.

Prime Minister Pierre Trudeau attended the dinners with little joy and began snubbing them in 1981. In 1984, he claimed in the Commons to have been misquoted in a story and said, "It's another reason I don't want to go to the God damn press gallery dinner." THE CANADIAN PRESS



Transport Minister Lisa Raitt, prompts Green Party Leader Elizabeth May to leave the stage at the Parliamentary National Press Gallery on Saturday. FRED CHARTRAND/THE CANADIAN PRESS

IN BRIEF

Police posing as journalists breaches charter rights, media groups say

Police officers who pose as journalists for investigative purposes are violating the Constitution by having a chilling effect on freedom of the press, an Ontario court heard Monday. In their application to Superior Court, three media organizations argue the practice could put working journalists at risk. It can also make it harder to win the trust of sources and get key information that is in the public interest, they say.

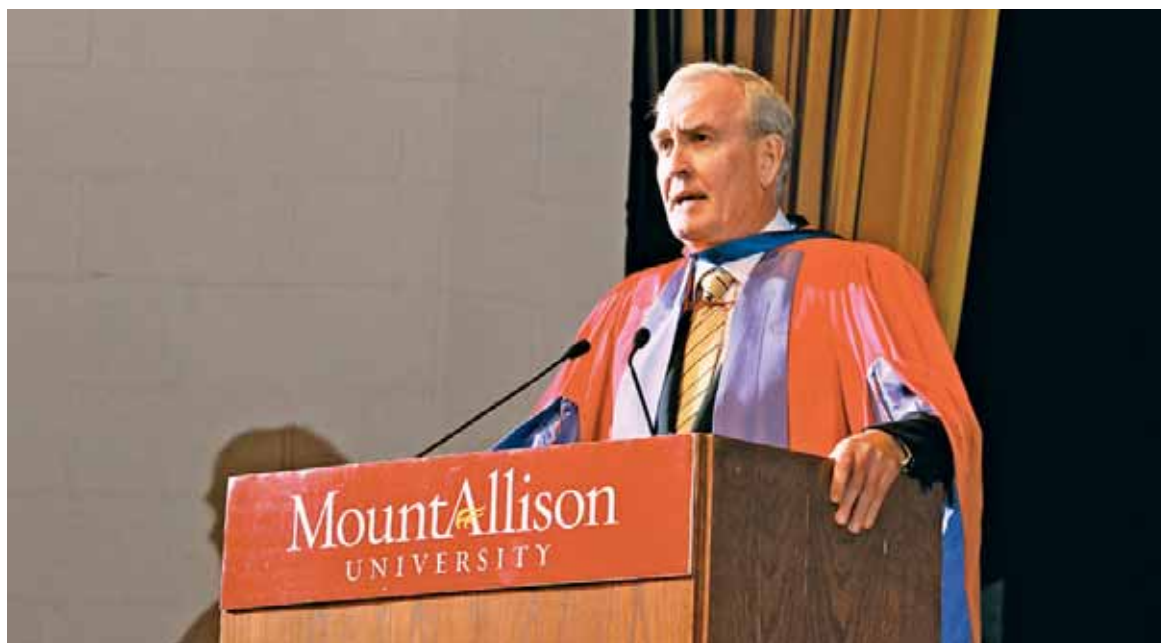
THE CANADIAN PRESS

'Main mass' of tumour is out of Rob Ford's abdomen

Doctors have removed the "main mass" of a cancerous tumour from Rob Ford's abdomen, a spokesman for the former Toronto mayor said Monday. "Things are going well, and the councillor has remained stable the entire time while under anesthesia," Dan Jacobs said in an email.

Before the surgery, Ford said that his biggest fear was not waking up. "I just want to wake up. That's all I want to do is wake up," he told local television station CP24.

THE CANADIAN PRESS



Honorary degree recipient Kevin Vickers addresses convocation at Mount Allison University on Monday. TORSTAR NEWS SERVICE

'I bumped up against a moment in history'

PARLIAMENT SHOOTING

Vickers recalls anguish he felt after killing Zehaf Bibeau

Just days after the attack on Parliament Hill, former sergeant-at-arms Kevin Vickers remembered the gunman not for his evil but for his innate human dignity.

"With my grandchildren in my arms, I said a prayer for Michael," he told the crowd of graduating students at Mount Allison University on Monday after receiving an honorary degree.

Vickers became an international hero after shooting and killing the gunman, Michael Zehaf Bibeau, but he told the students of the anguish he felt over taking a life. Vickers, who is now the ambassador to Ireland, recounted how he came face-to-face with Zehaf Bibeau after the gunman had shot and killed Cpl. Nathan Cirillo and rampaged through the halls of Parliament.

He said Zehaf Bibeau's gun was so close to him, he thought he could just snatch it out of his hand — but Zehaf Bibeau fired. Vickers, who had served in the RCMP for almost 30 years, reacted instinctively, diving to the floor and firing his own handgun, kill-

“

That day was a blur to me.... It was the loneliest moment of my life.

Former sergeant-at-arms Kevin Vickers

ing Zehaf Bibeau.

"I bumped up against a moment in history," he said.

But Vickers said that getting to that moment took more than half a century. Growing up in what is now Miramichi, New Brunswick, Vickers felt called to the RCMP when he was in Grade 2.

"One day ... I saw three members of the RCMP coming out of the courthouse with their red surge. And I knew exactly what I was going to do with my life," he said.

On the force, Vickers helped obtain 17 murder confessions. He attributed his success to his father, who taught him to respect all people, no matter their sins.

Although Vickers said he had only ever imagined himself as a police officer, he joined the security force at the House of Commons in 2005 after he saw the role the Hill played in the lives of not just parliamentarians, but everyday Canadians.

THE CANADIAN PRESS

EGYPT

Fahmy launches lawsuit against Al Jazeera

A Canadian journalist on trial for widely denounced terror charges in Egypt is suing his employer, Al Jazeera Media Network, alleging the Qatar-based broadcaster's actions significantly contributed to his legal woes.

Mohamed Fahmy said Monday he's seeking \$100 million in damages.

Fahmy, who was the acting bureau chief of the Al Jazeera English channel in Cairo when he was arrested in December 2013, accused the media network of negligent conduct, negligent misrepresentation and breach of contract.

"They don't seem to understand that they cannot continue

“

I will sue them at any cost, and I will win.

Mohamed Fahmy

to challenge the sovereignty of governments, put the story ahead of the safety of their employees and assume that they will continue to get away with it," Fahmy said.

Al Jazeera is owned by the Qatari government — a fact emphasized in Fahmy's lawsuit.

Egypt and Qatar have had tense relations since 2013, when

the Egyptian military ousted former Egyptian president Mohamed Morsi. Qatar is a strong backer of Morsi's Islamist Muslim Brotherhood group.

Fahmy's statement of claim, filed in a British Columbia court, alleges Al Jazeera used its Egypt-focused Arabic channel, known as Al Jazeera Mubashr Misr, as "a thinly veiled mouthpiece" to promote propaganda of the Muslim Brotherhood.

The document also notes that various Al Jazeera staff were arrested in Cairo for working without proper accreditation months before Fahmy's troubles began, and that its Arabic channel had been banned in Egypt.

"Given the Egyptian political and legal situation and the fact that four AJE journalists and an administrative assistant had been arrested and detained in the summer of 2013, the network knew or ought to have known that the arrest and imprisonment of Fahmy and other AJE Cairo Bureau staff was a foreseeable consequence of the network's antagonistic and unlawful practices," said the statement of claim said, which contains allegations that have not been proven in court.

But Al Jazeera said Fahmy should be targeting his captors, not his employer.

THE CANADIAN PRESS

FLORIDA

Zimmerman involved in shooting incident

The man who called 911 to report he was involved in a shooting with George Zimmerman appears to be the same person involved in a road rage incident with the former neighbourhood watch volunteer last year.

Lake Mary Police Officer Bianca Gillett said during a news conference Monday that Matthew Apperson called 911 to report the shooting. She said Zimmerman, who was acquitted in the killing of Trayvon Martin, was not the shooter.

A bullet missed Zimmerman's head, but he wasn't seriously hurt, his attorney said.



George Zimmerman
THE ASSOCIATED PRESS FILE

Last September, Apperson said Zimmerman threatened to kill him, asking, "Do you know who I am?" during a confrontation in their vehicles. Apperson decided not to pursue charges.

THE ASSOCIATED PRESS

BIN LADEN CAPTURE

Journalist's report alleges U.S. coverup

A controversial report suggests many of details of the death of al-Qaida leader Osama bin Laden were actually fabricated by the U.S. government. It's written by a legendary journalist who exposed atrocities during the Vietnam War and revealed prisoner abuse after the 2003 invasion of Iraq.

But this time Seymour Hersh got it wrong, his critics say.

"I can tell you that the Obama White House is not the only one to observe that the story is riddled with inaccuracies and outright falsehoods," said White House spokesman Josh Earnest.

The 10,000-word piece wasn't published in The New Yorker, the best-known venue for Hersh's exposes, but appeared over the weekend on the website for the London Review of Books.

According to the piece, The Killing of Osama bin Laden, the real story involves a deal between the U.S. and Pakistan to quietly kill bin Laden and then claim a few days later that he'd died in a drone strike in Afghanistan.

But the deal fell apart, it said, when one of the helicopters crashed during the mission. Hersh said the Obama administration, much to the horror

of the Pakistani government, improvised an explanation of what happened on May 2, 2011.

Those allegedly false details include: The courier whose movements led the CIA to the terrorist's compound. The vaccination doctor who collected bin Laden's DNA to help confirm the identity of the body. The clandestine flight into Pakistan. The burial of bin Laden's body at sea. The firefight at the compound. The Pakistani anger at the violation of its airspace.

Hersh had as his main source a retired U.S. intelligence official he described as being "knowledgeable about the initial intelligence."

The truth, according to Hersh, was that bin Laden had been a Pakistani prisoner since 2006. The terrorist leader was sickly and barely mobile. Word of his location leaked to the U.S. from Pakistani informants, and once caught, Pakistan grudgingly participated in the raid. The operation was more like an execution, not a firefight. He said the compound was unprotected and did not contain valuable counterterrorism evidence as claimed by the U.S. THE ASSOCIATED PRESS



SEVERE WEATHER TORNADOES KILL AT LEAST FIVE IN TEXAS AND ARKANSAS Residents survey damage near an elementary school, caused by severe weather, on Monday in Van, Texas. Emergency responders on Monday searched through wreckage in parts of Texas and Arkansas after a line of tornadoes battered several small communities, killing at least five people, including a young couple whose daughter survived. TODD YATES/THE ASSOCIATED PRESS

1,600 migrant 'boat people' reach safety

SOUTHEAST ASIA

6,000 Bangladeshi, Rohingya still stranded at sea

Hundreds of migrants abandoned at sea by smugglers in Southeast Asia have reached land and relative safety in the past two days, but an estimated 6,000 Bangladeshi and Rohingya Muslims from Myanmar remain trapped in crowded, wooden boats, migrant officials and activists said Monday. With food and clean water running low, some could be in grave danger.

Worried that vessels will start

washing to shore with dead bodies, the UN High Commissioner for Refugees, the United States and several other foreign governments and international organizations held emergency meetings in recent days, but participants say there are no immediate plans to search for vessels in the busy Malacca Strait waterways.

One of the problems was determining what to do with the Rohingya if a rescue was launched, participants said on condition they not be named.

Seven boats were rescued Sunday after human traffickers abandoned the ships and left passengers to fend for themselves, officials said. Nearly 600 migrants were brought to shore in western Indonesia and just

over a thousand others to Malaysia's Langkawi island.

The Rohingya, who are Muslim, have for decades suffered from state-sanctioned discrimination in Buddhist-majority Myanmar, which considers them illegal settlers from Bangladesh even though many of their families arrived generations ago.

Attacks on members of the religious minority, numbering at around 1.3 million, have in the last three years left up to 280 people dead and forced 140,000 others from their homes. They now live under apartheid-like conditions in crowded camps just outside the Rakhine state capital, Sittwe, where they have little access to school or adequate health care.

The conditions at home —

and lack of job opportunities — have sparked one of the biggest exoduses of boat people since the Vietnam War.

Rohingya packing into ships in the Bay of Bengal have been joined in growing numbers by Bangladeshis fleeing poverty and hoping to find a better life elsewhere.

THE ASSOCIATED PRESS

TWO MONTHS

Chris Lewa, director of the non-profit Arakan Project, believes up some of the still unaccounted for Rohingya and Bangladeshis have been at sea for over two months.

IN BRIEF

Rebels claim Moroccan fighter jet downed in Yemen

Shiite rebels in Yemen claimed Monday to have shot down a Moroccan fighter jet taking part in a Saudi-led coalition targeting them and their allies, a day before a five-day humanitarian ceasefire was set to begin and as coalition airstrikes intensified in the capital, Sanaa. Morocco's military, however, would only say that the jet had gone missing early Sunday evening. THE ASSOCIATED PRESS

Boston bombing case wraps

Dzhokhar Tsarnaev's lawyers rested their case Monday in their bid to save the 21-year-old from execution after death penalty opponent Sister Helen Prejean testified that Tsarnaev expressed genuine sorrow about the victims of the Boston Marathon bombing.

"No one deserves to suffer like they did," Prejean quoted Tsarnaev as saying. THE ASSOCIATED PRESS

WORLD TRADE

Hollande calls for end to embargo on Cuba

French President Francois Hollande on Monday called for the end of the U.S. trade embargo on Cuba, saying France "will be a faithful ally" as Cuba reforms its centrally planned economy and tries to re-enter the global economic system.

Hollande's one-day trip made him the first French president to visit Cuba since it became an independent country. Along with a large contingent of French executives, he is focused on strengthening

business and diplomatic relations five months after the declaration of detente between Havana and Washington.

Hollande visited former president Fidel Castro on Monday, Ecology Minister Segolene Royal told reporters.

Top diplomats from Japan, the European Union, Italy, the Netherlands and Russia have visited the island in recent months in bids to stake out or maintain ties with an island that suddenly looks like

a brighter economic prospect amid warming U.S.-Cuba relations.

Almost all have been accompanied by businesspeople interested in Cuba's push to draw more than \$8 billion in new foreign investment as part of a broader, gradual economic liberalization.

Speaking at the University of Havana, Hollande said "France will do everything it can to aid the process of opening Cuba and help get

rid of measures that have so seriously damaged Cuba's development."

Hollande's address, in which he announced plans to increase academic exchanges with Cuba and mutually recognize the other country's university degrees, was attended by First Vice-President Miguel Diaz-Canel, the man widely expected to succeed President Raul Castro when he steps down in 2018.

THE ASSOCIATED PRESS

WIKILEAKS

Court turns down Assange appeal

Sweden's highest court on Monday rejected WikiLeaks founder Julian Assange's appeal of a pre-trial detention order in a nearly five-year-old investigation of alleged sex crimes.

The Supreme Court in Stockholm on upheld rulings by lower courts ordering the detention for Assange, saying there is no reason to rescind it as the investigation continues.

Since 2010, prosecutors have sought to interrogate Assange over allegations of rape, sexual molestation and illegal coercion made by two women after his visit to Sweden that year. Assange denies the allegations and has not been formally indicted.

Swedish prosecutors in March agreed to question Assange in London where he has been holed

up in the Ecuadorean Embassy for nearly three years to avoid being extradited.

Assange's lawyers say he fears extradition to Sweden would merely be a first step in efforts to take him to the U.S., where WikiLeaks infuriated officials by publishing secret documents including 250,000 State Department cables.

250,000

The approximate number of U.S. State Department secret diplomatic cables published by WikiLeaks beginning in 2010.

THE ASSOCIATED PRESS

It is not clear when the Swedish prosecutors will travel to London. They are still discussing practical details with Assange's defence lawyers, such as possible dates and who will be present for the interrogation, said Karin Rosander, a spokeswoman for the Swedish Prosecution Authority.

THE ASSOCIATED PRESS

U.K. ELECTION

Miliband brother won't become leader

David Miliband has criticized his brother Ed Miliband's failed campaign to become Britain's prime minister, but says he won't run for Labour Party leader now that his younger brother has stepped down.

David Miliband told the BBC in New York Monday that voters "didn't want what was being offered" by Labour when they gave a majority victory to Prime Minister David Cameron's Conservatives. The result, he said, was "devastating" for the progressive cause.

David said that his brother Ed, like former Prime Minister Gordon Brown during the 2010 election, allowed himself

to be portrayed as "moving backwards from the principles of aspiration and inclusion."

Ed defeated David in a battle for the party leadership in 2010. David, a former foreign secretary, later resigned from Parliament to head the International Rescue Committee in New York, and says he remains committed to that job.

David said he had been in touch with Ed since the election, and praised him for showing "enormous dignity and courage" in the face of bruising attacks during the campaign, which saw the Labour Party's support in Scotland crumble in the face of nationalist gains.

THE ASSOCIATED PRESS



British Prime Minister David Cameron walks away after delivering a reading during a service of thanksgiving to mark the World War II, 70th anniversary of Victory in Europe (VE Day) at Westminster Abbey in London, Sunday. MATT DUNHAM/THE ASSOCIATED PRESS

Slim majority means tricky balancing act

U.K.

Cameron faces resistance in his party over EU, Scotland

Prime Minister David Cameron's Conservatives may have won the British election and ushered their coalition partner out the door, but that doesn't mean it's all smooth sailing for his government for the next five years.

With influential Euroskeptics clamouring in his own party and a very slim majority in Parliament, Cameron will have a hard

time tackling the big headaches looming over his second term: Britain's membership in the 28-nation European Union and the growing movement for Scottish independence.

"He would like to be seen as leading a governing party which is united on a core issue at the centre of the political debate, but that's unlikely to happen," said Colin Hay, a British politics professor at the Paris Institute of Political Studies. "It's going to be really tough."

Cameron's Conservatives won an unexpected majority in last week's election, ensuring that he returns to 10 Downing Street with enough power



You've got some pretty serious Euroskeptics.

University of Surrey politics lecturer Simon Usherwood

to govern alone. His first term saw Cameron sharing power with the left-of-centre Liberal Democrats, who held key positions in a sometimes-awkward coalition government.

Within hours of declaring victory Friday, Cameron reappointed his four highest-ranking

ministers — those heading defence, the Treasury, home and foreign affairs — to their posts. No big surprises are expected when the rest of the new, all-Tory Cabinet is unveiled this week.

The Conservatives now have a tiny majority — holding just over half of the House of Commons' 650 seats — meaning that a dozen defiant Tories could potentially derail important policies.

Without their Lib Dem coalition partners, the Conservatives face a return of the unpleasant nickname they've long tried to shake: "the Nasty Party."

THE ASSOCIATED PRESS

GERMANY

Spy agency under fire over U.S. co-operation

Germany's top security official denied any wrongdoing after appearing Thursday before a parliamentary committee over allegations that the country's spy agency acted against national interests in its co-operation with U.S. counterparts.

The government has faced scrutiny over what the chancellor knew, and when, of the Federal Intelligence Service's activities since a report last month suggested it may have helped the U.S. spy on European companies and officials as long ago as 2008. It issued a tightlipped statement

acknowledging "shortcomings" at the agency, known by its German acronym BND.

The agency is overseen by the chancellor's chief of staff — a post current Interior Minister Thomas de Maiziere held from 2005 to 2009. De Maiziere and incumbent Peter Altmaier both were to testify behind closed doors Wednesday to the parliamentary panel overseeing intelligence services.

German weekly Der Spiegel has reported that the BND for years monitored telecoms traffic using filters provided by the

U.S. National Security Agency, and that by 2008 German intelligence agents discovered that some of the filters — known as selectors — related to European arms companies and French authorities.

De Maiziere told reporters after his testimony that he didn't hear anything in 2008 of "search terms from the U.S. side, selectors or similar for the purpose of economic espionage in Germany." He said there was no talk of company names either.

He said that, in 2008, there was a request from the U.S. to ex-

pand co-operation that he termed "problematic" and was rejected. He wouldn't go into details but said the rejected co-operation would have involved ditching "safeguard measures" at Germany's Bad Aibling spy station.

"Nothing remains of the accusations against me," de Maiziere asserted.

The latest affair has raised awkward questions for Merkel, who said following reports in 2013 that the NSA snooped on her cellphone that spying on friends is unacceptable.

THE ASSOCIATED PRESS

TOP **SIX@6** Weeknights at 6 Hannah counts down the HOTTEST songs of the day

- 6 Flo Rida ft. Sage The Gemini G.D.F.R
- 5 Jason Derulo Want To Want Me
- 4 Jocelyn Alice Jackpot
- 3 Rihanna Better Have My Money
- 2 OMI Cheerleader
- 1 Wiz Khalifa ft Charlie Puth See You Again

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Bill fails unpaid interns: NDP

FEDERAL BUDGET

Protections put forward fall woefully short, MP says

Measures announced in last month's budget to protect unpaid interns have turned out to be far less potent than advertised, New Democrats charge.

Details of the measures were spelled out in an omnibus budget implementation bill tabled last Friday and NDP MP Andrew Cash said he was disappointed to find the Harper government is doing nothing to protect interns from sexual harassment, being forced to work unlimited hours or being otherwise exploited as unpaid labour.

Cash had co-sponsored a private member's bill, which was subsequently defeated, that would have given unpaid interns the same protections

as other workers in federally regulated industries, such as television, telecommunications and financial institutions.

The government is proposing to amend the labour code to include occupational health and safety protection for unpaid interns, such as the right to refuse to do unsafe work. It also proposes to require employers to keep records of the number of hours worked by interns and to limit full-time internships to four months in duration, although Cash said nothing prevents them from being renewed.

While that's "a step forward," Cash said the government is doing nothing to ensure provisions on workplace standards apply to interns — the provisions that provide protection from harassment, long hours with no days off and other exploitation.

Nor, he discovered, is the government requiring unpaid internships to be managed by educational institutions. That's

“They fell woefully short ... and I want to highlight the issue of sexual harassment ... because that is part of workplace standards that is not in this bill

NDP MP Andrew Cash

a measure he had included in his private member's bill and which he deems critical to ensuring that internships provide practical experience to young people and don't simply give companies an opportunity to replace full-time entry level jobs with free labour.

THE CANADIAN PRESS

MORE IN METROVIEWS

IN BRIEF

100 deaths now blamed on faulty GM car switches

The death toll from faulty ignition switches in small cars made by General Motors has reached 100.

The families of the victims are being offered compensation. In addition, GM has agreed to make offers to 184 people who were injured in crashes caused by the switches in older-model cars such as the Chevrolet Cobalt.

Through much of last year, the company had blamed the switches for 13 deaths.

The switches can slip out of the "on" position, causing the cars to stall, disabling some important safety features.

THE ASSOCIATED PRESS

STARBUCKS

Mini Frappuccinos soothe venti guilt

If a small Frappuccino seems like too much of an indulgence, Starbucks is now selling a more petite version of the sugary coffee drink.

The Seattle-based coffee chain says it will start selling a Mini Frappuccino starting Monday through July 6. The new size is just 10 ounces, compared with 12 ounces for the company's "tall" or small size.

Starbucks isn't the only chain trying to tempt people with more modest serving sizes. Sonic offers ice cream shakes in a "mini" size and recently ran a limited-time offer for mini hot dogs and mini fried chicken sandwiches. Coke has also been playing up its mini cans, which are 7.5 ounces, compared with 12 ounces for a regular can.

Katie Seawell, senior vice-president of category brand

management at Starbucks, said the Mini Frappuccino helped lift overall store sales in the select regions where it was tested last year. Without providing specifics, she said it attracted new customers and got existing customers to come back more frequently.

Seawell declined to say whether Starbucks plans to make the "mini" a permanent offering.

The calories in a Mini Frappuccino vary depending on the flavour.

For the regular coffee with no whipped cream, Starbucks says it'll have 120 calories and 24 grams of sugar. That's compared with 180 calories and 36 grams of sugar for a small (tall) and 240 calories and 50 grams of sugar for a medium (grande). A large (venti) Frappuccino has 350 calories and 69 grams of sugar.

Starbucks says the "mini" should cost about 20 to 30 cents US less than a small.

THE ASSOCIATED PRESS



TECHNOLOGY SMART MIRRORS HELPING CUSTOMERS Sales manager Alysa Stefani, right, demonstrates the Memory Mirror for co-worker Porsche Colbert at the Neiman Marcus store in San Francisco. The mirror is outfitted with sensors, setting off motion-triggered changes of clothing. The mirror also doubles as a video camera, capturing a 360 degree view of what an outfit looks like and making side-by-side comparisons. ERIC RISBERG/THE ASSOCIATED PRESS

Accidents dog self-driving cars

Google Inc. revealed Monday that its self-driving cars have been in 11 minor traffic accidents since it began experimenting with the technology six years ago.

The company released the

number after The Associated Press reported that Google had notified California of three collisions involving its self-driving cars since September, when reporting all accidents became a legal requirement.

The director of Google's self-driving car project wrote in a web post that all 11 accidents were minor — "light damage, no injuries" — and happened over 2.8 million kilometres of testing. THE ASSOCIATED PRESS

market minute

DOLLAR
82.58¢ (-0.13¢)

TSX
15,152.64 (-17.38)

OIL
\$59.25 US (-14¢)

GOLD
\$1,183 US (-\$5.90)

NATURAL GAS: \$2.802 US (-7.8¢)
DOW JONES: 18,105.17 (-85.94)

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PRO/CON

Should interns get the same rights as employees?

NO: Make it easy for employers to offer opportunities

In the 2015 federal budget, the government promised to clarify the legality of unpaid internships in federally regulated industries. Last week's budget implementation bill states that workers must be paid unless the job is part of a school program. But there are exceptions. Interns needn't be paid at least minimum wage if the job is supervised, lasts less than four months, primarily benefits the intern (not the employer) and is neither a replacement for a paid position nor a condition of a job offer. Supporters say this system will allow employers to easily offer learning opportunities without worrying about running afoul of the law. Many young people entering competitive fields want the right to volunteer their time to gain experience and contacts that will open future doors.

YES: Interns deserve the same protections as workers

The proposed internship regulations don't go far enough, says NDP MP Andrew Cash. He argues the provisions do nothing to make sure all workplace standards apply to interns, including protection from sexual harassment and unreasonably long work hours with no days off. Cash's intern-protection bill, which was defeated last month, required all internships be managed by educational institutions. He says that's the only way to make internships provide practical experience, rather than just furnishing companies with an endless supply of free entry-level labour. And as anyone who has juggled an internship with a paid job can tell you, the benefits of unpaid experience primarily go to those who can afford to work for free.

ROSEMARY WESTWOOD

metroview

It sounds obvious, but feels wrong: Murder is part of being human

There is no simple answer to why people kill.

We often hear stories of slayings out of jealousy, revenge or anger — feelings we all have, and yet only 452 Canadians were accused of murder in 2013.

And though we fear strangers, nine in 10 murders occur between people who know each other. One-third happen within a family. When it comes to who is capable of killing, according to experts, the answer is all of us, depending on the situation.

Randy Janzen did not appear, to those who knew him, as a murderer.

And yet he's suspected in a triple homicide in B.C. last week. In a Facebook post, Janzen wrote that he shot his daughter in the head to cure her of her torturous migraines and then killed his wife and sister to spare them the pain of that act. He then killed himself, according to reports.

It appears from the scant information available that mental illness may have played a role in Janzen's actions, said Alasdair Goodwill, a psychologist and director of the Criminal Investigative Research and Analysis Group. But many people suffer from mental illnesses and do not kill.

Psychologists use complex risk assessments to predict who might kill, but the analysis isn't perfect.

According to Dr. John

Bradford, a forensic psychiatrist and professor at various Canadian universities, killing is a matter of "the right circumstances."

Randy Janzen did not appear, to those who knew him, as a murderer.

It sounds obvious, but feels wrong: murder, it seems, is part of being human.

The study of homicides is full of categories and correlations. There is a subsection called familicide, which can include an altruistic belief by a parent that they are helping their children by killing them.

We know that most serial killers are white, Bradford said, but we don't know why: it's part of the "interesting little shades of grey with homicide."

Even these experts have wondered about their own ability to kill, something Goodwill called an "age-old question."

Bradford, who was once conscripted into military service, said that though he never had to shoot someone: "With the peer pressure, I would have been able to do it." In civilian life, however, he says, "I couldn't shoot a bird."

I have also wondered. But like most people, I haven't been tested. And I never want to find out what I'm capable of.

Slowpokes, unite — you are the future of cycling

YOUR RIDE

Erica Butler



Let me take this opportunity to send out a heartfelt apology to the cyclists of Halifax because, well, I'm back.

Last week I dug out my bike, greased up my chain and am now back on the streets of Halifax with my two-wheeler.

Normally this is not cause for an apology, but in my case, it is. You see, I'm slow.

My winterized legs and lungs just don't seem to carry me at the going rate around the streets of Halifax, especially when loaded up with a 40-pound kid on the back or a load of groceries or work gear up front.

As the weather warms, I feel bad for the faster, fit-

ter, sometimes year-round cyclists, as slowpokes like me invade their territory.

Of course, most cyclists are understanding of me and my ilk, as they pass by with a polite ring of their bells. And a good thing too, because the truth is: slowpokes are the future of bike riding in Halifax.

In 2014, Halifax regional council set a goal of doubling the trips taken by active transportation methods by 2026. As the city slowly goes about making room for bikes on our streets, this will mean more seniors, kids and people with a wide range of physical abilities and fitness levels will take up two wheels.

And we should welcome them, because we'll need their numbers to build the critical mass that will reduce car trips enough to make our streets safer and

more functional.

Of course, as with all things slow, there is a movement afoot. Slow biking groups are popping up all over, complete with bike "races" where the challenge is to go the slowest possible speed while remaining upright on your bike.

We need slow riders to build the critical mass that will reduce car trips — enough to make our streets safer and more functional.

Danish-Canadian cycling advocate Mikael Colville-Andersen hosts a slow-biking group on Facebook with over 13,000 members.

When Colville-Andersen was in Halifax a few years ago, he told a story about a Danish friend's reaction to hearing him speak about "Danish bike culture."

Danes, said his friend, don't have a bike culture any more than they have a vacuum-cleaner culture. That is, everyone uses them, but no one thinks of himself or herself as particularly devoted to them.

Perhaps Haligonians will get to this point too, as we realize that you don't need to show up at work or a backyard barbecue in a sweat, needing a shower and a change of clothes.

A slow ride will get you there.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

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Big redesign on campus

Entertainment districts, green roofs and pedestrian-friendly places to hang are just some of the ways universities are trying to woo students today

MEGAN HAYNES LIFE@METRONEWS.CA

The University of Manitoba's streets are empty at night. Students attend classes at the Fort Garry campus during the day, but clear out shortly after, says Rejeanne Dupuis, the school's acting director of campus planning.

In her ideal world, they'd linger. She hopes to create a mixed-use, pedestrian- and transit-friendly community, open to students and the neighbouring residents on the recently purchased Southwood Golf course, adjacent to the Winnipeg-based school. In her plan, students would get their groceries at the on-campus grocery store, where they'd mingle with the professors who live nearby. They could go clothes shopping or see the latest Marvel flick in the entertainment district, or possibly get a part-time job at one of the small businesses set up under the residence hall.

Campus, she says, would be a bustling centre 24 hours a day, seven days a week.

The University of Manitoba's ambitious master plan — the document meant to inform future development — is designed to create a community. And it marks a trend at schools across the country trying to make their campuses a more inviting place in order to woo prospective students, because university executives are realizing not all learning happens in a classroom.

"Universities want to attract the best and brightest students and staff," says Nicole Taddune, associate at PFS Studio, who worked on the Vancouver-based University of British Columbia's master plan. "Being a university student is a very important time in your life. People want to go somewhere that's inspiring, that they can get attached to. (Schools) are starting to see it's not just about buildings, but all the spaces in between that tie the university together."

Courtyards where students can hang out or even take classes, farmers' markets and social activities, cafes to study, pedestrian-friendly green spaces that are easy on the eyes — that all factors in when students look for schools now, she adds.

Over at the University of Ottawa, creating a student epicentre was a key aspect of the new master plan, which was unveiled in March. Eric Turcotte, principal at Toronto-based Urban Strategies, the firm behind the plan, points to a new university square, which will replace an existing parking lot. The square, expected to open in the fall, will host future convocations, not to mention frosh weeks and other social activities, and is designed to be a place students want to hang out.

University growth has traditionally focused on simply accommodating the influx of new students, constructing buildings on an ad hoc basis rather than focusing on what makes a campus a place that's unified, Turcotte adds. But that's changing.

Back at the University of Manitoba, the proposed community plans are still in their early stages, going before the university board at the end of the year, before going before the city for approval in 2016.

Though there are still a number of steps before the UofM master plan gets approved, Dupuis isn't concerned, having built it off of the feedback of thousands of people from the school and surrounding neighbourhood.

"It's about long-term sustainability for the campus," she says. "Ultimately it supports students because it's a good place to be. But it's (also) a community you can graduate into and live in other stages of your life."



The proposed University of Manitoba redesign aims to create a hub of community and learning on what was once a golf course. COURTESY UNIVERSITY OF MANITOBA

HEAD OF THE CLASS

A UNIVERSITY OF MANITOBA

It's a mixed-use plan, inviting local businesses onto the campus to set up retail stores, restaurants, and even office space, with rental and development fees funnelled back into the university's coffers. It's also transit-oriented, with buildings constructed in a way to be serviced by the impending rapid transit network, and pedestrian-friendly, with trees and green space designed to help shield students from the harsh Winnipeg winters.

Most anticipated: The campus's own entertainment district, with a movie theatre and restaurants.

B UNIVERSITY OF ALBERTA

The Edmonton-based university is focused on making its open spaces more accessible and appealing to students. The outdoor spaces should be usable as an academic resource, inviting to the neighbouring community and enhance the school's environmental sustainability.

Most anticipated: A proposed open-air market for food and retail vendors.

C UNIVERSITY OF BRITISH COLUMBIA

UBC's master plan, currently being revised, is all about densifying the campus, creating mixed-use areas blending residences and classrooms where students can live, learn and relax. The university also wants to put its academics on display, orienting buildings in a way that classrooms, labs and even the fitness centres are more open and accessible to the wider student body.

Most anticipated: Students might be able to take classes or do labs in the proposed biosciences open-air courtyard, set to begin construction in 2016.

D UNIVERSITY OF OTTAWA

U of O is considering shutting down streets in the middle of the campus to car traffic to make the school more pedestrian-friendly. It will also turn a busy King Edward Street into the façade of the school, widening the sidewalks and adding cafes, bookstores and banks to the street level.

Most anticipated: The university learning centre, expected in 2018, will be located steps from the incoming LRT station.

E RYERSON UNIVERSITY

The master plan for the Toronto university, unveiled in 2008, encourages future developments to think vertically, taking advantage of the space above the existing buildings rather than trying to expand outwards to accommodate new students. In fact, a Ryerson student should be able to get from one end of campus to the other in less than 20 minutes, in this ideal world.

Most anticipated: The Church Street development, expected to be finished by 2018, will sit at the heart of the "garden district," and be complete with a small park-in-the-sky green roof.



Ryerson University's Student Learning Centre, which opened in February. DAVID COOPER/TORSTAR NEWS SERVICE



Artist rendering of the future Place de L'Université (University Place), a new square at the core of the University of Ottawa's campus that will be completed this fall. It will host convocation, frosh week activities and daily student life. COURTESY URBAN STRATEGIES

CALIFORNIA

Let the drought shaming begin!

In case you haven't heard, there's a drought going on in California. Like, a really, really bad one — so bad that some experts predict the state's reservoirs have less than a year's worth of drinking water left in them.

Well, either a bunch of A-listers didn't get the memo, or they just don't care. Photographer John Chapple recently cruised some posh neighborhoods via helicopter for visual confirmation of how the rich and famous are apparently more concerned with lawn maintenance than

the fragile state of their state.

While Barbra Streisand's cliffside Malibu estate and Hugh Hefner's famed Playboy Mansion stand out, it's the sprawling home of Kanye West and Kim Kardashian that's the most galling in the photos, with lush, emerald green lawns abutting the dried brown dirt more native to California during a drought. Jennifer Lopez's home is a close second. Of course, there are measures in place to combat wasting water and boost conservation, but the maximum allowable fine is \$100, which is less than these folks are likely paying their gardeners to begin with.

NED EHRBAR/FOR METRO



MARIJUANA

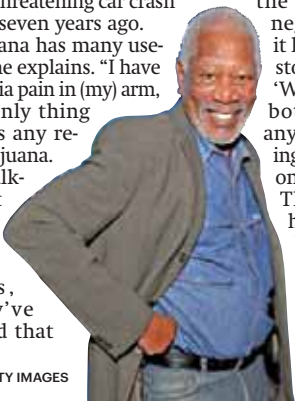
Freeman espouses benefits of weed

Aside from being a longtime marijuana enthusiast, Freeman is also well-versed in its practical applications thanks in part to the life-threatening car crash he was in seven years ago.

"Marijuana has many useful uses," he explains. "I have fibromyalgia pain in (my) arm, and the only thing that offers any relief is marijuana. They're talking about kids who have grand mal seizures, and they've discovered that

marijuana eases that down to where these children can have a life. That right there, to me, says, 'Legalize it across the board.' And what negative effects does it have? Look at Woodstock 1969. They said, 'We're not going to bother them or say anything about smoking marijuana,' and not one problem or fight. Then look at what happened in '99." To be fair, though, the lineup in 1999 was pretty terrible, and they weren't charging \$5 for a bottle of water in '69.

NED EHRBAR/FOR METRO



PHOTOS: GETTY IMAGES

IN BRIEF

Perez Hilton welcomes baby girl into the family

Perez Hilton had an extra special Mother's Day: He spent it with his brand-new baby girl.

Hilton says his daughter, Mia Alma, was born Saturday afternoon via surrogate. The celebrity blogger said by phone Monday that spending the day with his mom and baby girl "was the best way to celebrate Mother's Day."

His daughter's name means "my soul" in Span-

ish, he said, "because I'm cheesy like that."

Mia is Hilton's second child. His son, Mario Armando Lavandeira III, was born in 2013.

He didn't say where the child was born to protect the surrogate's identity.

He also didn't tell anyone, except for his mom and sister, that he was expecting another child.

"It's been the hardest secret I've kept in a long time," Hilton said.

THE ASSOCIATED PRESS



Diddy stars in a racy video with his girlfriend Cassie to promote his new fragrance. HANDOUT

Diddy wants to change the world

INTERVIEW

Sean Combs talks racy video, Tidal and Baltimore

Sean "Diddy" Combs will be the first to tell you that he doesn't launch brands, he launches lifestyles. So when it came time to promote his latest fragrance, he put himself on the line and starred a racy video with girlfriend Cassie that many have deemed too risqué for television.

He said the simulated sex in the 3AM perfume promotional video was inspired by those provocative Calvin Klein commercials.

"It pushes the envelope, but it's done in a very tasteful way. It's more about your thinking about than what you're seeing on the screen," explained Diddy.

With success making music as an artist and producer as well as with his fashion line, Sean John, Diddy says he's driven by the same principle for success — hard work.

It's paid off; Forbes recently named him the wealthiest hip-hop artist, and his fragrances — this is the fourth — have earned

him a couple of FiFi Awards, the Fragrance Foundation's annual industry honors.

The Grammy-winning artist spoke about his brand last week, but had weightier issues on his mind, including the unrest in Baltimore over the death of Freddie Gray in police custody.

this country, but especially the black community. So you have a lot of built-up frustration especially in the kids that see their future is bleak and they are being forgotten. People need to pay attention to that... Something has to change soon.

run it. If I say I'm gonna put out a fragrance, I'm gonna put out a fragrance. If I say I'm gonna change the world for the positive, that's what I'm gonna do.

The music business has changed. Is it important for artist to adapt to find other revenue streams?

I'm an artist, but I'm also a businessman. As a businessman it was important for me to diversify. I didn't just look at myself as someone making music, I make lifestyles, so for me it was diversifying and just loving business and figuring out how to market and create brands for this generation, (which) is something I specialize in.

When are you going back into the studio?

I'm going back in the studio now. I'm producing other people now. That's how I started, producing. So I'm just in there having fun and really just experimenting with some things. But being able to launch new artists or artists that want a different sound for their next album — it's exciting to get back into producing.

THE ASSOCIATED PRESS

As an African-American man, I have a responsibility in the future. I want to be able to do more things to affect change.

Sean "Diddy" Combs

What are your thoughts on Tidal (Jay-Z's music streaming service)?

It's a great idea for the artist to be involved in the distribution. Everything takes time, so we'll see in the next couple of years. But I would bet on Jay-Z.

You've been outspoken regarding the way the president handled Ferguson, what are your thoughts on Baltimore?

Baltimore is something that people have to realize is not just something that is just occurring over this one tragedy. ... The black community are the forgotten ones — just like people are in poverty all over

You have the music, the clothes, and the scent, the vodka line; what else can you do?

Philanthropy. So for me, it's what change can I make. So you were talking about Baltimore and Ferguson. As an African-American man, I have a responsibility in the future. I want to be able to do more things to affect change.

Would running for political office be one of them?

No not at all. I love what I do. I don't like politics. I'm not a big talker. If I say I'm gonna run a marathon, I'm gonna



Offering your seat to a woman of a certain age can leave both you and her confused. ISTOCK

Respect your elders ...at your own risk

ON THE BUS

Young rider suffers boomer lady backlash

URBAN ETIQUETTE

Ellen Vanstone



Dear Ellen, I'm 26, have been living in Canada for two years, and I take the crowded bus to work every morning. I have been raised to respect my elders, and so last week I offered my seat to an older woman standing near me. She looked at me with hatred, shook her head and said, "Seriously?"

What does this mean, Ellen? — Pressi

Dear Pressi, First of all, rest assured that you have done nothing wrong. Your manners are impeccable and you did the right thing by offering your seat to an older person.

The problem is that the "older person" you are deal-

ing with is probably a middle-aged Canadian boomer lady (M-ACBL) who does not wish it to be publicly known that she is an M-ACBL — even though it is obvious to everyone else around her.

Yes, it's confusing — because she herself is confused. Not because she is old and senile (though we can't entirely discount that possibility), but because she is bewildered by the fact she is not young anymore. This was not part of the

bunch of kindly elephants who know how to treat their female elders! Alas, we are instead forced to ride public transit to jobs where we make less than men, and where young people — people like you, with your keen eyesight and strong young limbs — will always clearly see the (shudder) normal ageing process as it takes place in all of us.

Hang on, I'm getting a little confused myself here... Where was I?

The 'older person' you are dealing with is probably a middle-aged Canadian boomer lady (M-ACBL) who does not wish it to be publicly known that she is an M-ACBL — even though it is obvious to everyone else around her.



boomer bargain! The M-ACBL was brought up on the mantra "Don't trust anyone over 30" and now she herself has suddenly become the enemy — a well-over-30 person in a youth-and-beauty-obsessed culture.

If only we ladies at a "certain age" could move in with a

The thing is, Pressi, I applaud your good manners, and beg you never to stop respecting the elderly, no matter how mean and cantankerous they act around you. I, for one, would be honoured to take a load off the next time anyone offers me a seat.

INTIMACY

More sex not always great

We've been told by research, self-help books and the media that having lots of sex will make us happy, yet a new study at Carnegie Mellon University in the U.S. suggests upping your sexual activity could in some cases lead to frustration.

Simply increasing the frequency of sex with your partner is not the recipe for eternal afterglow, according to the study, which found that individuals need genuine inspiration on their own accord to initiate more sex and reap the benefits.

"If we ran the study again ... we would try to encourage subjects into initiating more sex in ways that put them in a sexy frame of mind," says George Loewenstein of Carnegie Mellon. AFP



Feeling sexy matters. ISTOCK

WELL-BEING

App helps you find your therapist match

Now that more and more healthcare services are available at the click of a mouse, IMB's Watson supercomputer is taking things one step farther, now bringing its skills to an app that matches individuals to the therapist that's right for them.

Prospective patients chat anonymously in the app called Talkspace and reach a network of over 200 licensed therapists specializing in a variety of problems ranging from depression, anxiety and stress to relationships and parenting struggles.

For \$25 per week, users can exchange text messages with the therapist with whom they've been matched, and half-hour video chat sessions are available for \$29.

The service also includes couples therapy.

In addition to the personalized services, Talkspace also offers 141 free forums each led by a therapist where users can talk anonymously.

So far, the forum boasts of 105,319 users and has logged 2,024,052 posts.

Representatives from Talk-



Talkspace app. CONTRIBUTED

space say on their website that they believe online therapy really is effective if done by qualified individuals, as research suggests, yet they don't consider it a substitute for offline therapy.

"Rather, we create a doorway for dealing with real life issues that may be an element in our lives, but may not necessarily require full clinical psychiatric process," they write. AFP

Titan Domestic Long Hair

Three-year-old Titan came to us in February and although she is of average size, she has a giant heart and a larger-than-life personality. To describe her as beautiful would be an understatement... she is a catch in every sense of the word. Titan is animated, people friendly and far from shy. She is deeply interested in everything going on around her and demonstrates great appreciation when offered soothing words of encouragement. We think she would make a wonderful addition to any household. If you would like to make her acquaintance, please drop by the shelter today.



For more information on Titan and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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HELP OTHERS ACHIEVE GOALS

Personal and professional coaches can help others gain insight, shift perspective, and deepen self-awareness. For many, the desire to help others to achieve these goals may mean they are ready to become coaches.

The certified life and executive coach training course can help individuals develop these skills and become trusted role models and non-judgmental support to those looking for guidance.

"We all have unlimited potential and a proficient self-development consultant will

recognize this and will work to draw upon this innate potential to make relevant suggestions and offer pertinent alternatives," says Abe Brown, president, Certified Coaches Federation (CCF).

Throughout the course, individuals will learn how to become accomplished listeners, suspend judgment, practise discretion, and offer solutions.

"Coaching is a results-orientated systematic process in which the coach facilitates performance enhancement and life skills

development, rather than treating dysfunction," Brown says.

The coaching principles learned throughout the course can help lead to greater success in both the personal and professional lives of the individual enrolled.

This two-day intensive certified life and executive coach training course takes place June 13-14 at the Best Western, Chocolate Lake, in Halifax. To learn more, visit certifiedcoachesfederation.com, or contact Brown at 866-455-2155, or abe@certifiedcoachesfederation.com.



Abe Brown CONTRIBUTED



CONTRIBUTED

Utilize your creativity, personality and style

At Success College

Professional interior decorators create and implement decorating plans for homes, offices, shops and other professional spaces.

For those with a passion for decorating and are looking for a career that utilizes your creativity, style and personality, the interior decorating program at Success College

could be an excellent fit.

"Our interior decorating program provides comprehensive training in residential and commercial interior decorating and space planning," says Janice Currie, director, Success College. "We provide a strong foundation in creating functional and aesthetically pleasing spaces as well as project management and business practices."

As a professional in this career you might

advise clients on colour schemes, layouts, lighting, furniture, floor coverings, paint, wallpaper, and more.

This program is led by Sharon Charlton, the executive president of the Nova Scotia Interior Decorators' Association. Students benefit directly from the breadth and depth of her many years of industry experience.

"Students will be trained in construction plan drafting, space planning, visual communications, and the elements of design," Currie says. "This is a hands-on course where our talented, experienced instructors mentor students throughout the course."

This curriculum allows students to finish a two-year program in just 60 weeks.

For more, visit successcollege.ca.

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Be proficient in an office environment

All sizes and forms of business, as well as all three levels of government, require office administrators to manage important details and take on responsibility.

"Office administration jobs are excellent entry-level jobs where employees can prove themselves and advance to higher positions," says Janice Currie, director, Maritime Business College.

Office administration graduates from Maritime Business College will be proficient in office practices and software, enabling them to skillfully manage the administrative activities of any size business operation.

"Successful office administrators are excellent multi-taskers capable of managing a variety of tasks at once," Currie says. "Completing quality work on time and within a budget is a high priority."

Because office administrators work with a variety of different people within an organization, strong communication and people skills are a strong asset.

"Our office administration program is designed to maximize technology in the office environment," Currie says.



CONTRIBUTED

This includes the maximization of basic office software packages, as well as an introduction to emerging technologies that integrate communications and work flow across the Internet and/or company intranets.

This program can be completed in just 56 weeks and graduates are qualified to work in both the public and private sector.

For more information, please visit maritimebusinesscollege.ca.

GAIN NECESSARY TOOLS TO CARE FOR OTHERS

The continuing care sector is one of the fastest growing fields of health care.

"The objective of the continuing care assistant program at da Vinci College is to prepare students to deliver appropriate short- or long-term care assistance and support services," says Janice Currie, director, da Vinci College.

Through the use of classroom, laboratory, and supervised field placements in licensed nursing homes, the program will educate and equip graduates with the necessary tools and skills to deliver appropriate, timely, and respectful client-focused care to the elderly, people with disabilities, or those recovering from illnesses or injuries, as well as their families.

Da Vinci College has moved its training facility to Lower Sackville from downtown Halifax.

"We had outgrown our space in Halifax, and it was also difficult for our students to find parking," Currie says. "By moving to Lower Sackville, parking and transportation for our students will be easier, and we will have additional space to accommodate more new students."

Da Vinci College also has a unique



CONTRIBUTED

relationship with Northwood, a leading provider of in-care and home care services. Northwood offers a \$2,000 bursary and guaranteed employment for a year to qualified students.

For more, visit davincicollege.org.

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Habs playing carefree since falling behind 3-0

NHL Canadiens thriving with backs against wall vs. Tampa

The Tampa Bay Lightning were mad as hell, and coach Jon Cooper could tell.

The team had lost its second straight game in its Eastern Conference semifinal against Montreal, a series the Lightning once led 3-0.

"There was a genuine pissed-off attitude that we lost Game 5," Cooper said. "Guys were angry and it's carried over, so I like our mojo. I want to be an angry team."

The Canadiens, meanwhile, were a relaxed, energized group going into Game 6 Tuesday night at Amalie Arena. Now there's a spring in the Habs' stride after cutting Tampa Bay's series lead to 3-2.

"I see a team really excited, I see a team full of energy," coach Michel Therrien said Monday. "I think the excitement brings that energy to our team. I feel a team that can't wait to play tomorrow."

The grind of the playoffs hasn't gotten to the Habs, and falling behind 3-0 to Tampa Bay has only seemed to force them to find another level in their game.



Canadiens goalie Carey Price makes a save on Lightning centre Valtteri Filppula during of Game 5 of their second-round series on Saturday night in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

That's nothing new: Montreal is 5-1 dating to last year's playoffs in elimination games. The one loss came when Carey Price was injured and replaced by Dustin Tokarski in the decisive Game 6 of the Eastern Conference final against the New York Rangers.

"We feel good to play those type of games," Therrien said Monday after practice outside Tampa. "You look at our record

the last two years when we had our back against the wall, it's almost like this is where we perform the best."

Desperation can do funny things to players, but the Habs didn't feel as though they deserved to be down 3-0 in this series. The Lightning blew them out in Game 2, but Game 1 was decided in overtime and Game 3 with 1.1 seconds left in regulation.

Aside from the 6-2 loss in Game 2, Montreal could argue it was the better team every other night. The Habs have outshot the Lightning 173-127 for an average of almost 10 a game.

Therrien said his team has gotten more five-on-five scoring chances but pointed to limiting turnovers for the turnaround in the series. Forward Max Pacioretty knows that trend must continue or the season

“You can’t change the past, but we could control what’s going to happen tomorrow night”
Michel Therrien

won't.

"One bad shift and we're out of this series," Pacioretty said. "It's great to have the energy, it's great to have some momentum and some confidence, but at the end of the day we make one mistake and our season's over. So we've got to make sure we stay focused and have the right mentality."

The Habs don't have to think back too far to prepare for Tuesday night. After taking a 3-0 lead on the Ottawa Senators in the first round, they lost the next two before Price stopped all 43 shots he faced to seal a victory in Game 6 on the road.

Only four teams in NHL playoff history have come back to win after trailing a series 3-0, and until now no Canadiens team had even forced a Game 6 when facing that deficit.

Now the Habs have the chance to take it one step further. THE CANADIAN PRESS

CRIME Hernandez charged for shooting man in face

Former New England Patriots player and convicted murderer Aaron Hernandez has been charged with trying to silence a witness in a double murder case against him by shooting him in the face and leaving him for dead, prosecutors said Monday.

Hernandez was indicted Friday by a grand jury in Boston on a charge of witness intimidation, according to the office of Suffolk County District Attorney Daniel Conley. It's the latest criminal charge against the former star tight end, who once had a \$40-million contract with the Patriots.

Hernandez's lawyers didn't immediately return a message seeking comment on the new charge.

The 25-year-old was convicted last month of killing Odin Lloyd, who was dating his fiancée's sister, in June 2013. He also faces two counts of murder in Boston, where he is accused of gunning down two men in 2012 after one caused him to spill his drink at a nightclub.

The latest charge is connected to the Boston killings. The Suffolk County DA's office said the victim of the intimidation was a witness to those killings, which happened on July 16, 2012.

"Hernandez allegedly shot him in the face on the morning of Feb. 13, 2013, and left him to die on the side of the road in Riviera Beach, Fla., after the witness made a remark about the homicides," the office said in a news release.

The office did not identify the witness, but it is clear from several other court proceedings that it is Hernandez's former friend Alexander Bradley.

THE ASSOCIATED PRESS



Aaron Hernandez GETTY IMAGES

NHL PLAYOFFS

Caps coach backs Ovi's guarantee

Alex Ovechkin certainly can talk the talk, from his "All series, baby" jab aimed at Henrik Lundqvist during Game 1 of their Eastern Conference semifinal, to his assertion that the Washington Capitals will eliminate the New York Rangers in Game 7.

And Capitals coach Barry Trotz is absolutely fine with his captain's bravado.

"His whole career, he's said stuff," Trotz said Monday. "Every year, he says stuff that (is) bold — and he backs it up, usually."

“That’s what leaders do.”

Capitals coach Barry Trotz

After New York beat Washington 4-3 Sunday night to force a Game 7 at Madison Square Garden on Wednesday, Ovechkin said: "We're going to come back and win this series."

THE ASSOCIATED PRESS

IN BRIEF



The instant it happened it felt really good.

Ducks coach Bruce Boudreau, who has reached the third round of the playoffs for the first time

PREMIER LEAGUE

Swansea win held up by technology

Bafetimbi Gomis gave Swansea an unexpected 1-0 victory over Arsenal on Monday when goal-line technology showed his late header had crossed the line to the surprise of both teams.

It seemed that Arsenal goalkeeper David Ospina had prevented the ball from going into the net in the 85th minute but then referee Kevin Friend looked at his watch and correctly awarded the goal.

As eighth-place Swansea boosted its chances of quali-

STANDINGS

Arsenal remains in third place with three games remaining. Manchester United is two points back.

fying for the Europa League, Arsenal missed a chance to strengthen its hold on an automatic passage into the Champions League rather than via a playoff. THE ASSOCIATED PRESS

RECIPE Orzo salad with grilled shrimp, asparagus and pesto



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

If making your own pesto, try arugula to replace the basil for a different flavour.

Recipe serves 4

Ready in

Prep time: 5 minutes

Cook time: 5-10 minutes

Ingredients

- 12 oz trimmed asparagus
- 12 oz shelled and deveined medium shrimp
- 1 1/3 cups orzo, uncooked (rice shaped pasta)
- 1/4 cup homemade or store-bought pesto
- 1/4 cup grated Parmesan cheese

Directions

1. Grill or roast asparagus and shrimp at 425F, just until asparagus is tender and bright green and shrimp is cooked. Cut asparagus into 2" pieces.
2. Meanwhile, bring a pot of water to a boil, add orzo and boil just until barely tender, about 8 minutes. Drain and rinse with cold water. Add to serving bowl along with asparagus and shrimp. Add pesto, mix well and garnish with cheese.

Nutrition per serving

- Calories 330
- Protein 23 g
- Carbohydrates 43 g
- Fibre 3 g
- Total fat 8 g
- Saturated fat 2.5 g

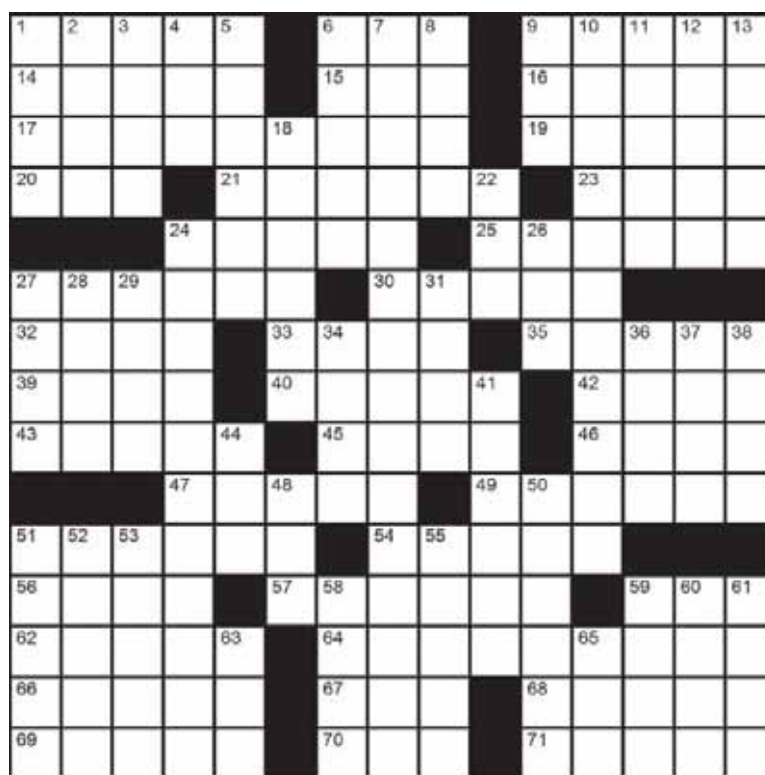
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Recorded
6. Author Mr. White, et al.
9. Mouthwash brand
14. Come to terms
15. Pecan, for one
16. ___ over (studied closely)
17. Princess ___ (newest member of the Royal Family)
19. Filling with wonderment
20. Pronounce
21. Jacob ___ - Meets the Hooded Fang (Mordecai Richler book)
23. "Stand by Me" by ___ King
24. Selkirk Mountains village in British Columbia
25. "Won't Get ___ Again" by The Who
27. Window shop
30. ___-gritty
32. Frost
33. Change
35. Beverage tube
39. ___-tongued
40. Ouches!
42. Sub ___ (Secretly)
43. "You dig?": 2 wds.
45. "The Bridge on the River ___" (1957)
46. Hurting
47. Scottish singer Ms. Boyle
49. Miss Duke's of "The Dukes of Hazzard"
51. Seal of approval



54. Soft ice cream design
56. Egg: French
57. Find a new spot for the painting
59. Pacific island, ___ Jima
62. Actor Sean, son of Patty Duke
64. Cowboy Junkies

- song: "___ Angel"
66. Hotsy-___
67. ___ - "The A-Team" star
68. Fix the rough copy
69. Classical composer, Louis ___ (b.1784 - d.1859)
70. Hot season

- in Quebec
71. Spiffy shoe coverings

DOWN

1. Breath mints, tic
2. Ottoman Empire honorific
3. Hope the

- heavens will hear
4. 'Ballad' suffix
5. Ms. Burke's of "Designing Women"
6. Insects sci.
7. Type of top, ___-___
8. Goulash
9. Mineral ___
10. Highway 22 as it's

- also known in Alberta because of the ranchlands it traverses: 2 wds.
11. Window type
12. Short-tubed pasta
13. Bordered
18. Harry Potter: Hogwarts Castle bird hangout
22. ___-quoted
24. Chewy aqua-inspired candies produced in Hamilton, Ont.: 2 wds.
26. Periods beyond regular hrs.
27. Boast
28. Pasta alternative
29. Exclude
31. Dubuque's locale
34. "___! _ mouse!"
36. Mythical birds
37. Blonde hair hues, sometimes
38. Manners
41. Aluminum on a house
44. Wk. day
48. Crooked opposite, for short
50. Quarrels
51. Paint layers
52. Ancient teller of fables
53. ___ the chase
55. Garbage
58. Single-named supermodel
59. Cartoon lightbulb meaning
60. Departed
61. Un-evens
63. Big Apple hockey team [acronym]
65. Pixie

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20
You may be impatient to make things happen but the planets warn you must not move too fast. There is no need to rush: everything that is meant to happen will happen at the proper time. It's how you react to events that matters.

♉ Taurus April 21 - May 21
Mars leaves your sign today but that does not mean you can no longer be positive. In some areas you can be even more positive than usual. Money matters are doubly important now.

♊ Gemini May 22 - June 21
You may not be in the mood for compromise but you should make the effort anyway. Even with Mars moving into your sign there will be some things that you can only do hand-in-hand with others.

♋ Cancer June 22 - July 23
You will have to do something today that takes up a lot of your time but you know if you leave it to other people they will mess it up completely.

♌ Leo July 24 - Aug. 23
Someone will say something that hurts your feelings today but chances are they are motivated by nothing more than jealousy. What are they jealous of? Your popularity, your creativity, your energy — just about everything really.

♍ Virgo Aug. 24 - Sept. 23
If you approach someone in a position of authority over the next 24 hours you are sure to get a positive response. They will give you what you need most — exceedingly good advice.

♎ Libra Sept. 24 - Oct. 23
There is no point trying to relax now that Mars, planet of energy, is moving into your fellow air sign of Gemini. There are so many things you want to do and so many people and places you want to see. Go for it!

♏ Scorpio Oct. 24 - Nov. 22
It does not matter what you are promised or how much you are offered — you must wait a few days before making any new agreements.

♐ Sagittarius Nov. 23 - Dec. 21
You may not like a certain person very much but you are going to have to work with them and the sooner you accept that fact the sooner your business with each other will be finished.

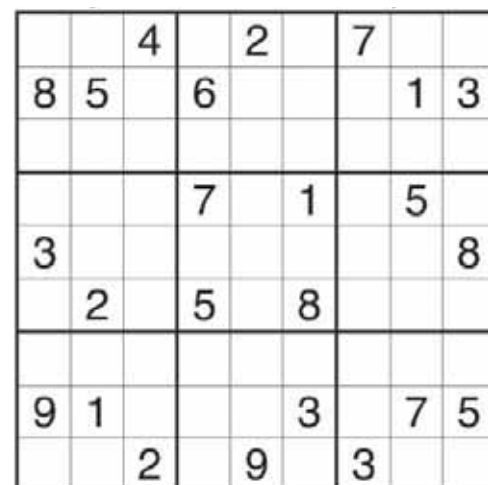
♑ Capricorn Dec. 22 - Jan. 20
You may not be the life and soul of the party at the moment but don't let it worry you. The less time you spend talking and socializing the more time you will have to think.

♒ Aquarius Jan. 21 - Feb. 19
All things are possible now that Mars, planet of ambition, is moving through the most decisive area of your chart. Be selective in your endeavors.

♓ Pisces Feb. 20 - March 20
Too often in the past you have tried to mold yourself to fit other people's expectations of you and sometimes the results have been less than pleasing. Be yourself today, and every day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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On 2015 Forte and Sportage models only.[§]



Rio4 SX with Navigation shown[†]
hwy / city 100km[†]: 6.3L/8.8L



Forte SX shown[†]
hwy / city 100km[†]: 6.1L/8.8L



Sportage SX Luxury shown[†]
hwy / city 100km[†]: 8.3L/11.4L

2015
RIO LX MT

That's like
paying only **\$31** WEEKLY[°]

LEASE **\$135**[°] MONTHLY **\$0** DOWN **0%** APR FOR 60 MONTHS[°]

INCLUDES:



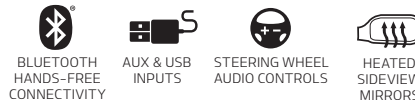
Offer includes a \$900 Lease Credit. Offer based on new 2015 Rio LX MT (R0541F) with a selling price of \$14,095.[°]

2015
FORTE LX MT

That's like
paying only **\$32** WEEKLY[°]

LEASE **\$139**[°] MONTHLY **\$0** DOWN **3.9%** APR FOR 60 MONTHS[°]

INCLUDES:



Offer includes a \$3,250 Lease Credit. Offer based on new 2015 Forte LX MT (F0541F) with a selling price of \$15,995.[°]

2015
SPORTAGE LX MT

That's like
paying only **\$52** WEEKLY[°]

LEASE **\$225**[°] MONTHLY **\$0** DOWN **0.9%** APR FOR 60 MONTHS[°]

INCLUDES:



Offer includes an \$800 Lease Credit. Offer based on new 2015 Sportage LX MT FWD (SP551F) with a selling price of \$22,995.[°]



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Finance



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for Atlantic drivers.

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Offer(s) available on select new 2015 models through participating dealers to qualified retail customers who take delivery from May 1 to June 1, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. Other lease and financing options also available. "Don't Pay for 90 days" on select models (90-day payment deferral) applies to purchase financing offers on all new 2015 Forte and Sportage on approved credit (OAC). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends June 1, 2015. **Representative Leasing Example:** Lease offer available on approved credit (OAC), on new 2015 Rio LX MT (R0541F)/2015 Forte LX MT (F0541F)/2015 Sportage LX MT FWD (SP551F) with a selling price of \$14,095/\$15,995/\$22,995 is based on monthly payments of \$135/\$139/\$225, and excludes delivery and destination fees of \$1,535/\$1,535/\$1,715, \$79 PPSA and A/C charge (\$100, where applicable) for 60 months at 0%/3.9%/0.9% with a \$0 down payment/equivalent trade, \$0 security deposit and first monthly payment due at lease inception. Offer also includes a lease credit of \$900/\$3,250/\$800. Total lease obligation is \$8,121/\$8,362/\$15,475 with the option to purchase at the end of the term for \$5,074/\$6,239/\$9,428. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). Other taxes, registration, insurance and licensing fees are excluded. Offer ends June 1, 2015. [°]Lease payments must be made on a monthly or bi-weekly basis as negotiated but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. [†]Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (F0748F)/2015 Rio4 SX with Navigation (R0749F)/2015 Sportage SX Luxury (SP759F) is \$26,695/\$22,395/\$38,495. [†]Highway/city fuel consumption is based on the 2015 Rio LX+ ECO AT/2015 Forte 1.8L MPI 4-cyl AT/2015 Sportage 2.4L 4-cyl AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. The Bluetooth[®] wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.